Gracie Jiu-Jitsu utilizes the Pink Belt specifically for women who complete the Women Empowered self-defense program. This curriculum, developed by [Gracie University](https://www.gracieuniversity.com/we2), focuses heavily on functional mobility, leveraging technique, timing, and leverage over brute strength. [1, 2, 3]
The integration of mobility, structured training like "Tai'vhi" or similar movement flows, and the Pink Belt program breaks down into several key components:
The Pink Belt Program

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* Women Empowered Curriculum: Consists of 15 to 20 core lessons covering 63 foundational self-defense techniques designed to counter the most common street attacks. [1, 2, 4]
* The Qualification Test: To earn the official Pink Belt, students must pass a dedicated evaluation demonstrating proficiency in leverage-based defense. [1, 5, 6]
* FITjitsu Extension: A 42-minute full-body workout created by Eve Torres Gracie that merges jiu-jitsu groundwork (shrimping, striking) with mobility and core routines. [1, 7]
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Mobility Drills for Jiu-Jitsu
Martial arts demand deep joint ranges of motion that traditional fitness routines often neglect. Essential mobility focuses for the ground game include: [8]

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* Hip Flexion & Extension: Crucial for managing the guard, executing sweeps, and recovering positions.
* Spinal and Shoulder Spirals: Transitions like squat-to-cross-legged flows help build spatial awareness and agility on the mat.
* Wrist and Grip Longevity: Consistent circular mobility practice protects the small joints of the hands and wrists from tight grips and submissions. [8, 9, 10, 11]
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If you are looking to learn more, tell me:

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* Are you looking to start the online course or find a certified local academy?
* Do you need a specific mobility routine for home practice?
* Are you looking for information on a specific movement style like Tai'vhi?
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[1] [https://www.gracieuniversity.com](https://www.gracieuniversity.com/we2)
[2] [https://bjjfanatics.com](https://bjjfanatics.com/blogs/news/pink-belt-jiu-jitsu)
[3] [https://www.youtube.com](https://www.youtube.com/watch?v=gcbxtqEaJpU)
[4] [https://www.gracieuniversity.com](https://www.gracieuniversity.com/pages/public/information?ip=103)
[5] [https://www.gracieuniversity.com](https://www.gracieuniversity.com/UploadsFiles/Documents/UploadsConvert/lc59_it2248_5854a147_WEPinkbelttest.pdf)
[6] [https://www.gracieuniversity.com](https://www.gracieuniversity.com/pages/public/information?ip=103)
[7] [https://www.gracieuniversity.com](https://www.gracieuniversity.com/Pages/Public/Subject?su=152)
[8] [https://www.youtube.com](https://www.youtube.com/playlist?list=PLCKKWSxoHHKwIHwHIAHnjIc65LFL0nqI3)
[9] [https://www.youtube.com](https://www.youtube.com/watch?v=niCXPV5dvjM)
[10] [https://www.instagram.com](https://www.instagram.com/reel/DbCBCxlxs-s/)
[11] [https://www.youtube.com](https://www.youtube.com/watch?v=teNAJQpNO1w)